

The

WOODSTOCK RUNDOWN

October 2011

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Email: info@woodstockrunners.org.au

Facebook Group: <http://www.facebook.com/group.php?gid=30549208990>

Email Results and Contributions to: rundown@woodstockrunners.org.au

Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

Uniform Orders: <https://www.registernow.com.au/secure/Register.aspx?ID=503>

Postal Address: PO Box 672, BURWOOD NSW 1805



The Rundown On Members

Brendan's 4th outright placing, 1st Australian, in the Commonwealth Ultra 55k Championships in Wales is undoubtedly the highlight of the month. Brendan's mighty run, along with his teammates excellent placings, gave Australia the bronze medal. Congratulations to our great champion once more.

Quite a few members have been on the sick and injured list over the last few weeks. We look forward to welcoming back Michael Cantley, Stephen Briant, Ray Dean and Phil Lobsey free of their injuries, along with others of whom we have not heard. Derek White spent a short time in hospital, but seemed fine when he called in one Tuesday evening; Peta Bray has overcome a bout of tonsillitis just in time for the Marathon; and Paul Whiteway is back with us after a touch of the lurgy. We send our good wishes to Patricia Doughty as she faces surgery this week.

As The Rundown goes to press 8 Woodstock Runners are preparing their trips "across the ditch" to run in the Auckland Marathon and Half Marathon. For a number it will be their first Marathon and we wish them an enjoyable experience and one of which they will be proud and happy. Hope you all have a wonderful holiday as some are staying in NZ for a period of time afterwards. We know you have trained well. You deserve a great run.

The weekend Nov 26/27 Woodstock will be travelling to the Central Coast on Joe's bus for the 10k and Half Marathon. Please let Angela know if you'd like to join us, as there may be a few spots left. Thanks to Tobias for his offer to demonstrate and talk to us on Stretching at this Thursday's TNT. The following Thursday will see the last TNT 5k Time Trial for this year, with dinner at the pub afterwards.

Hopefully all have set aside Sunday Dec 4 as "WOODSTOCK DAY". The morning will see John Dawlings' Balmain Run where we look forward to having a great presence from the Club, both in competitors and helpers. In the evening we celebrate our Christmas Party and Presentation of Awards.

Crust Gourmet Pizzas at Cronulla, my sponsor for the NY Marathon, has generously offered to provide pizzas for us one evening after a run at Cronulla. I'm open to suggestions for a suitable day and time from late November. On Nov 6, I shall be running the Marathon in The Big Apple. Do hope I have good news to report in the next Rundown.

Happy running and walking,
Kerry

WE DON'T JUST RUN, WE ALSO KNOW HOW TO PARTY!

What: Woodstock Awards Night/Christmas Party

When: 4 December 2011 5PM

Where: Sanders Waterfront Restaurant, Cabarita
Cost:\$50.

Please RSVP to **Maree Lucas:** klu42116@bigpond.net.au or call **0418164 179**

October Birthday Celebrants

**Anita Doig 12th, Daniel Bortolussi 17th, David Blackwell 20th, Garth McCullough 25th,
Max Crossley 27th, Ross Keys 27th**

Letter from the editor

Dear Woodstockians,

We can almost smell summer around the corner! We had a glimpse of it last Sunday and that was a good day for the Sunday races too!

It's almost end of the year and we have so much activities going on with the club. Attend if you can, our 5KM Time trial, the culmination of the Handicap series for 2011, The Balmain Fun Run and the Christmas /Awards night!

Looking forward to pleasant race reports from our Marathoners and Half Marathoners who are going overseas to compete. And to the debutantes, all the best on your first 42.195 Kms!

Anyway, as some know I was not happy with the new running shoes I bought - adizero feather, so I am selling it, unfortunately, I have little feet, I am not even sure if I would sell it!

I've just discovered Yoga. I am loving the stretches and breathing exercises. If your up to it, a free Yoga every Monday at 6pm is held at Hyde Park's Archibald Fountain in the CBD all through-out this summer. Good for those sore tight muscles! :)

- Editor

Crust Gourmet Pizzas sponsors Kerry for NY Marathon!!



I am delighted to make it known to members that Crust Gourmet Pizza Bar at Cronulla is sponsoring me for the New York Marathon. They have been most generous and I greatly appreciate their generosity.

While most members will not make it to Cronulla for their pizzas, I thoroughly recommend Crust Pizzas as a cut above the average pizza and well worth checking out. There will be a Crust Pizza near you. Order online at www.crust.com.au

Woodstock Runners has been mentioned on their Facebook page.

Kerry

NEEDING NEW WOODSTOCK GEAR??

Everything is now available:

- * Singlets (M or F): \$45
- * Short sleeve runshirts (Unisex): \$50
- * Long sleeve runshirts (Unisex): \$60
- * Bra Tops (8 & 10) but others can be ordered: \$66
- * Cotton T-shirts (Unisex): \$10
- * Caps: \$20
- * Old Style T-shirts (1 lge & 4 X/L only left): \$5
- * Womens Hot Designs shorts (unlined, 1 size 10 only): \$40. No more of these will be ordered.

Shorts can be quite individual so choose whatever is comfortable in royal (Woodstock) blue or as near to that as possible.

All our Hot Design (Drifit) items are in stock as well as the basic cotton T-shirts so no need to run incognito.

For our new members, the membership fee of \$40 entitles you to the basic club cotton T-shirt or if you choose to pay \$60 that entitles you to either our Hot Designs (Drifit) singlet or short sleeve runshirt.

Any queries, feel free to contact me:

Dot Siepmann

Club Uniforms Officer

Email: dottledisco@y7mail.com

Phone: 02 9637-9536

Payment can be made by cash, cheque or online via RegisterNow:

<https://www.registernow.com.au/secure/register.aspx?ID=503>



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 Spoof and inspirational fitness merchandise. Clothing, mugs, aprons, caps and more!

Woodstock Tipping

OVERALL	LAST WEEK	MOVEMENT	TIPSTER	POINTS
1	1	≡ -	Trialex	137
2	4	⬆ +2	Go Jana Love Tamsyn	132
2	2	≡ -	paulwhiteway	132
4	2	⬇ -2	Brendan Davies	131
5	5	≡ -	3553	125
6	6	≡ -	Mickcan	115
7	7	≡ -	Chutney1980	107
8	8	≡ -	qazxs	99
9	9	≡ -	Colin T_0	73
10	10	≡ -	tutto	50
11	11	≡ -	bronbrons	47
12	12	≡ -	Rebecca_Bangura	46
13	13	≡ -	LukeT1	30
14	14	≡ -	feefeedee	5
15	15	≡ -	woodgood	3

The hardest step for a runner, is stepping out of the door

Mementoes of a Marathon

by: Graeme Tutt

I came away with two mementoes or souvenirs of my first marathon – one was hoped for, the other an unexpected side-effect!

s

It's a strange feeling to start your first marathon. I had done enough training, or so my books/magazines/anecdotes told me ... a 34k run behind me should be enough. But there's the unknown of going further than you've ever gone before. How will my body go?

In the week leading up I'd started to think too much about it. I was excited, but nervous, especially about the weather report. It kept saying 26 degrees ... that's warm, but I told myself I could cope. 26 is not impossible – just take it even more slowly than usual. As the day dawned bright & seemingly pretty warm, I deliberately avoided the weather update. Some things are best not known! It was going to be a battle of the mind anyway, so why disadvantage myself any further?

At Milson's Point there was chat about lots of things, especially the weather. The start came quickly. Rob de Castella did the honours. I took this as a good sign, as it was his running in 1982 and 83 that had inspired in me the urge to do a marathon some day. Now here I was. Only he did say aloud, at the start, that it was going to be a tough day!

It was. I'd thought I'd feel okay for a fair while before I had to work harder mentally, but it felt tough from about 13k. At that point I saw the eventual winner stride past, him on his 27th km already! Time to keep positive & slug it out ... did I mention it was pretty warm?

My splits started slowing, but I didn't care. All that counted was getting to the end. In my worst moments I figured that if I didn't get there today I'd have to do all this again another time, so the best thing to do was just keep going. Finally past halfway, then 2/3 ... my family would be waiting back in the city at the 31k mark, so renewed energy carried me forward into Oxford St. No shade now, but at least it was downhill. Then I saw the sign on the shop clock – 31 degrees. No wonder it felt hot!

The last 10k is out and back to Pyrmont, with a couple of rises included. By now my quads were aching & I welcomed the arrival of the occasional calf cramp. But this was it, getting closer. It didn't matter now, even if I had to walk, I was going to make it! By the last kilometre I was almost feeling okay. I didn't know whether to laugh or cry as I saw the Opera House emerge in front of me, so I think I did a bit of both. Down the boardwalk and to the finish – Yes!



How I enjoyed the medal around my neck. De Castella's smiling face, reminding me that I'd done a marathon. Right now, I felt okay .. good even, exhilarated perhaps.

An hour later I still couldn't eat anything. I made it home before expelling what I did have in my stomach all over the bedroom floor. So much for celebrating with family and friends .. now it was crash out on the bed time. Three hours later and I still felt crook. Off to Emergency we decided, just to make sure. I got in quickly (violent vomiting in the Triage office is an effective way to get attention), and so began my evening celebrations hooked up to a drip. By Monday morning, four bags of saline solution later, I was feeling almost normal.

The mantelpiece now holds 2 mementoes. There's Deek's smiling face on the medal of course, but also a hospital wristband dated 18/09/11, a reminder of the totality of my marathon experience!

A minute with a Member

Name: Graeme Tutt

What is your occupation? Minister - with the Uniting Church in Haberfield

Running age group? 50 plus

Do you have family? married to Alison, with 4 children, (aged from 7 up to 21)

How long have you been a Woody? about 20 months

Do you run on Tuesday night/TNT/Saturday morning? I've never made a Tuesday yet; I get to a mix of TNT & Saturdays (when I'm not tied up with kids' sport)

Why do you enjoy running? The escape is wonderful, it's relaxing & stress relieving ... I've always needed to do some sport & activity, so just like being moving too.

What is your favourite running distance/course/event and why? SMH Half-marathon. It felt long enough to push me, but I finished feeling good

What has been your running highlight? Finishing the Sydney marathon (but see below too!)

Any lowlights (injury etc)? Some Achilles tendonitis last year .. a sore foot this year, but nothing too drastic

What was the last race you went in and how did you go? Blackmore's Sydney Marathon in September. I finished! It took me longer than I planned, 4:55, but it was ridiculously hot. Later I got sick, so ended up spending Sunday night in Emergency on a drip. But all was good by Monday!

Anything funny/unusual ever happened to you while you have been out running? In my early 20s I went for night run in mid-summer; to cool off went for a swim au naturel at midnight, but broke my toe on a rock & had to drag myself home & then repeatedly explain how I did it

What other sports/hobbies are you involved in? I'm pretty much a sports tragic, so watch & follow cricket & football codes that use an oval ball; otherwise get into reading & general knowledge crosswords

Favourite food/beverage? Italian food accompanied by a good red, followed by a piccolo latte

If you get the chance to have super powers, what would it be? Flying

Where would your ideal holiday be? A north Queensland island in late autumn - warm enough to snorkel on the reef, cool enough to run in the early hours, pleasantly tired enough to enjoy a good meal at night

Favorite running shoe/Gadget? Why? Garmin - when it works. I enjoy knowing exactly how far I've been so that I can record it in a diary in an anally retentive manner!

Interesting things we may not know about you? Before joining Woodstock last year I had only previously run as far as 14km back in 1984

Thank you Graeme for sharing! Congratulations on your debut Marathon!!



**Champions aren't made in the gyms. Champions are made from something they have deep inside them
a desire, a dream, a vision.
-Muhammed Ali-**

Mountains runners bring home medals

BY DAMIEN MADIGAN
05 Oct, 2011 10:01 AM

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Blue Mountains athletes Brendan Davies and Mick Donges arrived back in Australia last week after claiming a bronze medal at the Commonwealth Ultra-Trail Running Championships in Wales.

Joined by Sydney's Jonathan Worswick, the runners came third in the teams event behind home favourites, Wales and England.

Strong individual showings by the Mountains athletes ensured the podium finish, with the close friends outperforming a high calibre field in the 55km course on the Isle of Anglesey.

Woodford resident Davies narrowly missed out on individual bronze medal by finishing fourth in a time of 3hrs, 38:09mins.

Donges was only 48 seconds behind in fifth place.

It was a tactical decision by team captain Davies to pace themselves in the sandy course that saw the Aussies outperform more-fancied runners including current World trail championships silver medallist Lason Loutitt and last year's prestigious Kepler Challenge winner Vajin Armstrong.

"The field went out extremely fast not realising the toll it would take," said Donges. "You really have to run your own race and not be distracted by the other guys."

The result was particularly promising for 28-year-old Donges, who was competing in his first international event.

"I'm wanting to compete more internationally next year, so for me it was a really good introduction to that, and a good learning experience."



Impressive finish: Woodford's Brendan Davies crosses the finish line in the Commonwealth Ultra-Trail Running Championships in Wales, and is joined by fellow Mountains runner Mick Donges after the race.

Commonwealth Ultra Trail Championships 2011

A Captain's Perspective

By Brendan Davies

With the boom of trail running worldwide, the organisers of the 2nd Commonwealth Mountain and Ultra Distance Championships (CMUDC), wisely chose to include an ultra trail race into this biannual event's program. This replaced the 100km road run which proved to be the least popular event on the program at the previous CMUDC in Keswick. Factoring in the 100km World Champs were less than a month before, and it would have been an easy decision for the organisers to make.

Having arrived at the race headquarters in stunning Llandudno, Wales (a much less stunning name to pronounce!), the team gathered at the group hotel to settle in and meet each other, some for the first time. Staying at the same hotel as the 24 hour team was a benefit to the trail team. We got to know our fellow teammates and build team spirit. As the 24 hour event was first on the program, we were able to watch a considerable portion of our guys and girls go around in their event. If any of the trail team were lacking in inspiration, they would have gone away with a bucket load to take into our own race after watching the guts and determination of these incredible runners!

From my perspective, I couldn't be happier with the swap to a trail event. I've really been focussing on trail running this year which culminated in some very good results at 6 Foot Track and The North Face 100, which was thankfully enough to be selected. Having represented Australia at the last CMUDC, I was given the honour of being named Team Captain of the trail team. Completing the men's team was the 'junior' Mick Donges and the 'all wise one' Jonathan Worswick. Making up the ladies team were Verity Breen, Kirstin Bull, Katie Seibold-Crosby and Cindy Hasthorpe. What this meant was that as a nation, we would be competitive not only individually, but also in both

team's categories where the top three times from each nation go towards a team award.



Three days prior to the event, the team convened and, borrowing Rob Boyce's car, drove to the Newborough Forest on the Isle of Anglesey which was to be the venue of the 53.75km ultra trail race. Organisers had gone to a lot of effort to make the course both scenic for runners and friendly for spectators, and they did not disappoint. It was both beautiful and challenging, and although devoid of any major climbs, the course threw up a lot of challenges in terms of the terrain and weather conditions. The route was basically a 10.5km loop which we were to do five times during the race. The terrain was a mixture of smooth tracks through lovely pine forest, soft sand beach running and grassy single track. Initial thoughts after the 'reccie' were that this was one of the least technical 'trail' runs we had seen and that it would suit the faster marathoners in the field rather than the hardened trail runner used to big climbs and

I was more than happy with the course. I was sure my road running background would put me in good stead during the race, while others, such as Jonathan, was cursing his luck. Jonathan is, of course, one of the better 'technical' trail runners on the trail running scene, as his results on the toughest courses over his extensive career prove. The girls were in good spirits too, with Verity offering thanks to the heavens for the 'flat' course more than once!

Prerace, as is usually a ritual for me, I glanced through the list of competitors. Some very big names were in the field. There was Vajin Armstrong from New Zealand who won last year's Kepler Challenge and Huw Lobb from England, a 2:15 marathoner who famously won the annual Man versus Horse race in Wales for the first time in its 25-year history and was second at last year's Jungfrau Marathon. Also in the field were Richard Gardiner, the Welsh Marathon Champion with a 2:18 marathon to his name and the Canadian Jason Loutitt, who this year was second at the World Trail Running Championship in Ireland. Throw in the English, Scots and the usual mix of unknown Kenyans, Zambians, Gambians and South Africans and this was truly an elite international field.

Race morning soon dawned and we arrived on Anglesey to be met by overcast and cool conditions. It was almost perfect conditions; the only worrying factor was a strong on-shore breeze (more like a gale!) that was blowing. It would ensure tough running on the beach section (approx 1.5km each lap) and the out and back section to the little island where, at least on the 'out' it would be coming right into our face. We were thankful however, that it would not affect us through the protected forest sections which made up the majority of the course. We all agreed that there would be very fast and very slow sections throughout the race and prerace advice to the team was to 'run smartly' to the conditions and terrain of the course and not to be sucked into racing the opposition too early.



As soon as the gun went off, the Africans took off like it was a 10km road tempo. They also managed to pull along a few others, notably Loutitt and Lobb and the main pack, made up of the Africans, went through the first lap in 35 minutes! I settled into a much more circumspect pace, settling into the second chasing group. Most of us in this group agreed that the race was going to be a battle of attrition and 54km was going to prove the undoing of more than one competitor!

And how right we were. By the end of the second lap I began to pass the Zambians and South African runners who were paying the price of the early suicidal pace. A Kenyan runner was still maintaining the lead, followed by Lobb, Gardiner and Loutitt. The out and back section of the island allowed the chasers to keep track of the competitors in front. Not far behind me and on my tail was Mick, Vajin from NZ and two Welsh runners Lane and namesake Andrew Davies, who were pacing themselves perfectly.



The beach and island section were undoubtedly the toughest sections of, on what you would otherwise call, an undulating cross country course. Faced with strong headwinds, soft sand, seaweed, crushed shell and rocky outcrops; it took a considerable amount of nous to negotiate this section. I did notice a lot of the front runners take the most direct line across the beach across the soft sand. My tactic was to run a further distance to the outgoing tidal mark on the harder sand and run along this stretch. Although longer, it proved to be much less taxing and allowed me to maintain my rhythm. I believe this section contributed to the demise of a lot of the early pacemakers.

Soon after I passed a fading Loutitt and found myself in 6th place at the 30km mark. I still felt very strong, although not as strong as Welshmen Davies and Lane who passed me soon after. Despite being passed, the little lift I undertook as I ran with them enabled me to put a comfortable space between myself and the chasing pack made up of Donges, Armstrong and the Scot Andrew Fellas. I soon found myself running on clear trail and I used this time to reassess my form and my strategy for the rest of the near 20kms. On the 2nd last lap I was

Kenyan, Tum, lying face down on the trail clutching his hamstring. Although very unfortunate for him, it put me in the top 5 and not without a chance of snaring a medal. I really put my head down and suddenly all the memories from watching the 24h race flooded back. I was getting tremendous support from the impartial spectators (perhaps having a very Welsh surname helped!), from Rob Boyce who had set himself up at the halfway drink station and the Aussie crew at the start/finish line made up of David Kennedy and Justin Scholz.



The big effort on the 4th lap was rewarded with the Welshman Lane coming back into view on some of the longer open stretches on the course and I was determined to pull him in on the last lap. Matt Bixley, the elite NZ 24h runner offered me great support along the beach section and, while beginning to believe a medal was perhaps just going to be out of reach, I was determined to finish as quick as possible to ensure a strong team position. Throughout the race I was constantly doing 'rough' team calculations based on competitors positions in relation to the Aussie guys and I knew with Mick being just on my tail and Jonathan putting in a great effort mid-pack, we would be up there for a medal.

At the last drink station, I was greeted with the trusty bottle of water and a "You're in 4th!" message from Rob Boyce. I was shocked and I was later to find out the Englishman Lobb had 'blown up' at 48km and the new leader was now Gardiner from Wales, with the other Welshmen making up the top three. Suddenly a medal was within reach and seeing Lane only 150m ahead I

began to call on the very last of my reserves for one last big effort. I was gradually catching Lane, and was planning my strategy for the pass until he turned and saw me on a straight piece of trail and that was all the impetus he needed to put in a big surge. With only a few kms to go, I had no choice but to go with his surge and hope that he faded late, but despite my intentions, the body was not as willing and cramping in the calves pretty much turned my thoughts of 3rd now into holding down 4th. This can be the price you pay for putting in a big effort and the finish line could not come quick enough! Entering the final stretch I was spurred on by the really respectful Welsh crowd and my Aussie crew and I threw my arms in the air as I crossed the finish line in a time of 3:38:57. I was very happy with that race, I don't think I could have raced any smarter, or quicker, and as such it is a very satisfying result. The winner was Gardiner in 3:29:55 with the Welshmen Davies second in 3:34:34 and Lane third in 3:38:09.

Only a minute later, Mick Donges, looking very fresh crossed the finish line in 5th spot to be welcomed with a sweaty hug from myself, probably the last thing he wanted! It is a tremendous result in his debut international race. Watch out for big things from this guy in the years to come, he is truly a superstar of the sport in the making. Following Mick's finish, I was told by an official that I had been randomly selected for a doping test. I won't go into that story, it is another story worthy of a report on its own, but in a nutshell what it did mean was that I disappointingly missed the rest of my Aussie teammates finish.

When I eventually was freed from my 'commitments', I learned that our own Kirstin Bull had run a fabulous race to finish on the podium in third place. I did not see Kirstin on the course, but obviously and from all reports from the crew, she ran a particularly smart race, pacing herself beautifully throughout the entire distance. Watch out for Kirstin too in the years to come in the ultra scene. Katie finished in a wonderful 8th spot, Verity in 10th and Cindy in 14th, uttering something about doing the '24h race next time'! This ensured the girls won a very deserving team bronze medal. The men's teams results were much closer and was very hard to make a 'good guess' due to the number of DNFs in the race and the top times being very close. With Jonathan putting in one of the fastest last lap times in the field and finishing in a superb 16th spot, we knew we were up there. However, with the race over and the typical British weather setting in, everyone was quick to leave the island and it wasn't until the medal ceremony that night did we find out that we also managed to snare a team.



Bronze medal, behind the Welsh and the English team.

I am very proud of our results, and very honoured to have represented Australia and captained the team. Two team medals and an individual medal to Kirstin in a world class field is a tremendously pleasing result and can only be great for Australian ultra trail running. I am most proud of the fact that we all stuck to our race plan and really dug deep for the team when going through the bad patches. On behalf of the trail team, I would like to thank Rob Boyce and Justin Scholz for managing the team and all behind the selections at AURA. I would like to think I will be back in two years time but who can tell what the future holds?



JOIN THE FUN IN RUNNING, BALMAIN FUN RUN!

What: Balmain Fun Run

10KM/5Km/2KM(Kids)

When: 4 December 2011. 8AM for 2KM; 8:30 for 5 and 10KM

Where: King George Oval, Rozelle

Fees: on or before 25/11/2011

Adult: \$20; **Child:** \$10; **Family:** \$50

After 25/11/2011 to race day:

Adult: \$25; **Child:** \$15; **Family:** \$65

Register and more info at: <http://balmainfunrun.com/>



There is no such thing as bad weather, just soft people. - Bill Bowerman

THURSDAY NIGHT TRACK (TNT)

Training by Level 2 Athletics Coaches - Brendan Davies and Martin Amy is looking forward to seeing you all down at Campbell Athletic Field, **on Thursday's Interval trainings.**

The venue is part of Canterbury Park, Princess St Ashbury. Car park access is of Andrews Ave. Session starts at 6:30pm and are finished by 7:30pm. Why not come down and check us out! You won't be disappointed. For more information, contact **Brendan on 0422 233463 or email at bjdavies2000@yahoo.com.** * last TNT of each month, drinks and/or dinner at Summer Hill Hotel after each session

No charge for Woodstock members. All visitors most welcome. Cold drinks provided. Toilets available.



STRETCHING!

Join the Demo/chat from **Spine Associates** on Dynamic Stretching.

Tobias and Chris of Spine Associates will do a demo/chat on Dynamic Stretching.

This will be **after TNT session at 7:15 PM on 20th October** for those who can not make it by 6:30. Check: Facebook <https://www.facebook.com/event.php?eid=202465053159327>



5KM Time Trial

tik tak tik tak! It's time for the **5KM Time trial!** (and Pub night!!)

When: 27th October, 2011; 6:30 pm

Where: Canturbury Oval, Ashbury

Please send your estimated time to **Martin at martinamy1@gmail.com or call/sms at 0404623257.**



Handicap Event, 12/11/2011

Culmination of the 2011 Handicap Series for the year!!

When: 27/8/2011, 7:30am sharp near the normal Brett Park run, with runners & walkers handicapped according to pace.

The entry fee is only \$2, with the usual "lucky place" prize of a pair of movie tickets.

Entrants nominate their own time. However, to be fair to all entrants:

- **Anyone beating their time by more than one minute will be disqualified.**
- **Watches are not permitted, to prevent "staged" finishes.**

The best three events for each member count in these series towards the 2011 Pointscore Awards. The points basis is very simple - 1 point for last, 2 points for second last, etc.

The **registration list will be available from Tuesday 18/10/2011** to register your time, or you can phone Colin on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email

colin_townsend@optusnet.com.au

All time estimates are required by 8:00pm 10/11/2011 (Thursday night), so that the start can proceed without interruptions.

Free BBQ Breakfast!!!!

The free BBQ breakfast will be on once again, please bring along any interested non-members, so they can try us out. Membership Forms will be available on the morning, or they can join online.



ASK THE EXPERTS: THE SPECIALISTS

Static or dynamic stretching?

There is substantial evidence that static stretching may inhibit performance in strength and power activities, so just how do we best warm up before our athletic events or training sessions?

A recent article showed decreased power output after a static stretching routine. But fear not those that can't escape a good motionless stretch! The article also found that if you include a dynamic warm up after your static stretch it restored the detrimental aspects acquired during this type of stretching routine.

So what can you take from this? Sports conditioning has moved on from motionless warmups and are now encompassing more dynamic movement in a quest to ready the body for function. This can include a range of dynamic stretching, light drills and other movement based routines. Furthermore, prior to any track session a light dynamic warm up can and should progress to more high intensity dynamic movements in order to condition the pelvis and core muscles to greater running specific strength.

Still not clear? Come on down to TNT on Thursday the 20th October at 7.15pm. Here we will explain and demonstrate some dynamic stretching exercises and show you a few running specific drills to help condition your body to be injury free and faster!

145/2-18 Buchanan St Balmain

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www.facebook.com/spineassociates

www.spineassociates.com.au

www.twitter.com/spineassoc

Chris Knee (B.Sc, M.Chiro)

Tobias Hudson (B.ScExSp, M.Chiro)

spine
assoc.

TEAM UPDATES

Run4Fun - 6th November <http://www.run4fun.com.au/>. This is a 10km Fun Run at Sydney Olympic Park. When entering, select 'choose and existing team' and then type in 'woodstock'. Select the correct age categorised team and complete entry as normal.

Rotary Club of maroubra Fun Run and Octoberfest - Sun 23 Oct <http://www.maroubrafunrun.com/> - Woodstock usually places in top 3 in the teams for this run. Please contact Chaia on 0434672273 or email at chaiaiket@yahoo.com by October 16. Type in "Woodstock Runners" when registering.

MARSDENS FISHERS GHOST FUN RUN - Sunday 13 November 5km and 10km Run Events (Walkers welcome) Outright Winners / Age Categories / Team Categories / UWS Campbelltown Provost Prizes / Barrel Draw Prizes contact: Gabby Ripoll. email: gabby.ripoll@campbelltown.nsw.gov.au. Location: University of Western Sydney, Campbelltown campus. Contact: 4645 4527, Cost: \$25 (or \$15 for children under 16 years). Coordinate with Brendan Davies before registering for the teams at: 0422 233463 or email at bjdavies2000@yahoo.com

Found the Woodies?



Taken from last year's 2010 Balmain Fun Run, in this photo, there are three Woodies found, Angela Haynes, Barry Crisp and Tristan Iseli.

Did you find more?

Annual Award Nomination Form 2011

The Club Committee invites nominations from members for our annual awards. You are welcome to nominate members in as many categories as you like, but do not feel obliged to nominate for every category. After discussing the merits of each nomination against the award criteria, Committee members will determine the award winners via a 3, 2, 1 voting process.

NB. All awards are for the period 18/10/2010 to 16/10/2011, & all references to "running/runner(s)" are taken to include "walking/walker(s)".

The complete 2011 results are at: <http://www.woodstockrunners.org.au/drupal2/content/year-date-results-2011>

Submission of Nominations:

All nomination may be submitted by any of the following means **by Thursday 20/10/2011:**

- Drop in the Award Nominations Box, available on Tuesday nights.
- Post to PO Box 672, Burwood NSW 1805
- Email to secretary@woodstockrunners.org.au
- Hand to any Committee member

List of Award Categories

1. Most Improved Runner of the Year (Male and Female)

"The persons that you consider have shown the greatest improvement in their running over the past 9- 12 months. ie improvement in times (refer Fun Run Book)."

Nomination(s): _____

Male: _____ Female: _____

2. Rookie of the Year

"The person who joined Woodstock Runners during the year as a relative newcomer to running and/or competing in road runs, and has made the most outstanding progress."

Eligible Members (joined 18/10/2010 to 16/10/2011)

Daniel Bortolussi	Katie Burnell	Emma Colenbrander	Anita Doig	Avril Fortuin
Aaron Green	Tobias Hudson	Lisa Linssen	Gaye Mancuso	Thien Vuong
Annaliese McDowell	David Miller	Brian Newton	Lisa Penson	Sarah Waladan
Debbie Rutherford	Mary Sherman	Hilton Sinclair	Ryan Sinclair	Lauren Stewart

Nomination(s): _____

3. Long Distance Trophy

To qualify for this award, members must complete 3 events of 21.1 kms or over. The award will be made to the member who has most consistently improved their performance in events of 21.1 kms or over during the course of the year.

Eligible Members to 31/8/2011 (having completed 3 qualifying events:

Bridget Akers	Martin Amy	Rebecca Bangurra	Sandra Bogun
Kerry Bray	Peta Bray	Stephen Briant	Kim Cayzer
Emma Colenbrander	Brendan Davies	John Dawlings	Angela Haynes
Phil Lobsey	Nick Marshall	Barney McCarthy	Jeff Morunga
Brian Ogilwy	Chaia Patacsil	Emma Pryor	Anthony Robinson
Thien Vuong	Teresa Wood		

Details of performances are on the website

<http://www.woodstockrunners.org.au/drupal2/content/long-distance-award-2011>

NB: Other members may still qualify for this award, the eligible members will be updated based on results appearing in The Rundown.

Nomination(s): _____

4. Most Outstanding Individual Road Running Performance of the Year (Male and Female)

"This award is for a single performance of note."

Nomination(s): _____

Male: _____ Performance: _____

Female: _____ Performance: _____

5. Club Champion (Male and Female)

"The runners who have competed regularly, and consistently produced the fastest results in road races and met with much success throughout the 12 months."

Nomination(s):

Male: _____ Female: _____

6. Runner of the Year

"A highly valued member of the Club who inspires others by regular attendance at training, willingness to participate in teams, loyalty to the Club, always willing to offer assistance, support and encouragement to fellow runners, and gives 100% of themselves when participating in competitive road runs."

Nomination(s): _____

7. Champion Person Award

"That person who has done outstanding work for the Club throughout the year, with no thought of reward."

Nomination(s): _____

8. Most Outstanding Team Road Running Performance

The most outstanding performance in a team event."

Please select your nomination(s).

A. SMH Half 15/5/11 (5th Male)

Tobias Hudson, Barney McCarthy, Rick Collins

B. Woodstock to Glenbrook 26/6/11 (2nd Mixed)

Sandra Bogun, Rick Collins, Brendan Davies, Teresa Wood

C. Hunter Valley Festival 17/7/11 (1st Female)

Bridget Akers, Chaia Patacsil, Emma Pryor, Teresa Wood

D. Hunter Valley Festival 17/7/11 (2nd Male)

Martin Amy, Joe Ayoub, Stephen Briant, Terry Vohradsky

E. M7 Marathon Relay 31/7/11 – (4th Female)

Elmarie O'Regan, Chaia Patacsil

F. M7 Mizuno Marathon Relay 31/7/11 – (4th Male)

Martin Amy, Peter O'Sullivan

G. Bay Run 7/8/11 – (4th Open)

Brendan Davies, John Dawlings, Barney McCarthy, Chaia Patacsil

H. City to Surf 14/8/11 – 6th Open Men

Brendan Davies, Martin Amy, Barney McCarthy

I. City to Surf 14/8/11 – 5th Open Women

Sarah Waladan, Emma Colenbrander, Kim Cayzer

J. City to Surf 14/8/11 – 6th Mixed Elite

Thien Vuong, Michael Cantley, Chaia Patacsil

K. City to Surf 14/8/11 – 3rd Veteran Men (40-50)

Peter O'Sullivan, David Kistle, Tony Purss

L. City to Surf 14/8/11 – 4th Veteran Women (40-50)

Teresa Wood, Peta Bray, Fiona McIntyre

M. City to Surf 14/8/11 – 3rd Veteran Men (50+)

John Dawlings, Paul Whiteway, Rick Collins

N. City to Surf 14/8/11 – 1st Veteran Women (50+)

Kerry Bray, Dot Siepmann, Maree Lucas

O. Blackmores Sydney Running Festival 2nd Half Marathon

Thien Vuong, Martin Amy, Barney McCarthy

Q. SMH HM All Female Team 6th

Sarah Waladan, Emma Colenbrander, Helena Amaro, Emma Pryor

R. SMH HM Mixed Team 8th

Michael Cantley, Martin Amy, Bronwyn Hager

S. SMH HM Veterans Team (>40) 8th

Deirdre Stewart, Lawrence Ullilo, Kerry Bray, Sandra Bogun, Peta Bray

T. Blacktown City Fun Run 22/05/2011 1st Female Team

Haynes Angela, Patacsil Chaia, Wood Teresa

U. Smh Sun Run Dee Why To Manly 10th

Bogun Sandra, Briant Stephen, Cantley Michael,

Upcoming events

All events courtesy of: www.coolrunning.com.au/calendar

Sun 30 Oct RUMBALARA BUSH RUN 16k and 13k hilly bush runs at 8am from Henry Wheeler Place, Gosford contact: Colin Price. email: colinp53@yahoo.com.au. Visit <http://www.coastalrunner.com/rumbalara/index.html> for more details. Click <http://www.coastalrunner.com/rumbalara/index.html> for an entryform.

Sun 30 Oct ST MARY'S SOUTH PUBLIC SCHOOL FUN RUN St Mary's South Public School 8km Run or Walk. Course starts and finishes at St Mary's South Public School. For information or entry forms contact John Wilcocks. Registration will commence at 7.30am. Event starts at 9.00am contact: John Wilcocks 9623 6715.

Sun 30 Oct WENTWORTH FALLS 16K, RUNNING WILD RACE 2 7.30am Wilson Park, Wentworth Falls Visit <http://www.runningwildnsw.com/> for more details.

NOVEMBER 2011

Sat-Sun 5-6 Nov CARCOAR CUP RUNNING FESTIVAL NOTE: Changed date. A new distance challenge on the annual Australian athletic calendar. The Carcoar Cup Running Festival will host a full length marathon - called the Carcoar Cup, a half marathon and a teams event which will run the marathon course in teams of four, each runner completing approximately 10km. The Carcoar Cup will travel over bitumen and dirt roads from Carcoar to Neville via the Fell Timber Rd and back again via the saddle of Mount Macquarie. The half marathon will start in Neville and return to Carcoar via Mt Macquarie. Spectators will have numerous points along the track from which to support the runners. Picnic hampers are available, along with coffee carts, Rural Fire Service sausage sizzle, wine tasting, local produce and market stalls in Carcoar. Entry costs are; Carcoar Cup: \$100/individual, \$300/team, Half Marathon: \$55/individual. As the events will kick off early on Sunday morning, contestants and spectators are encouraged to arrive the night before. A fundraising dinner will be held on the Saturday night with fabulous food, entertainment and both live and silent auctions. Contact: Andrew Baulch. email: andrew@carcoarcup.com.au. Visit <http://www.carcoarcup.com.au/> for more details.

Sat 5 Nov BROOKS SPRING INTO SHAPE SYDNEY SERIES Held on Saturday, 8 October and Saturday, 5 November this picturesque course at Parramatta Park offers a choice of a 4 km run/walk or a 8km run/walk. All ages and abilities can participate in this event, which is designed to challenge participants, as they take in the sights of this picturesque setting. Enter the series or a single event, it's up to you! HERE'S WHAT YOU GET: Series entries score a FREE Brooks technical running T-shirt valued at RRP\$ 70. Race 1 (Oct 8) entries receive a free Brooks drawcord bag Race 2 entries receive a free FLY Active running wrist pocket. If you need any more incentive to enter, get a team of five together and the fifth entry is free. contact: A. Tye. email: info@ausrun.com.au. Visit <http://www.starttofinish.com.au/default.aspx?s=eventdisplay&id=2013> for more details.

Sun 6 Nov BEROWRA 10KM ROAD RUN This handicap race is held on the first Sunday of every month. Start racing at 7:15am. Join us for the race and breakfast included in the entry fee. We also have social 1/2 road, 1/2 bush runs every Sunday. Check out our website for the calendar and race rules. \$7. Warrina Street Oval, Berowra. contact: Graham Leslie. email: gles@inet.net.au. Visit <http://www.berowrabushrunners.com/> for more details.

Sun 6 Nov JACARANDA FESTIVAL FUN RUN 2011 Caramana Park, Rogan Bridge Rd, Waterview Heights, Grafton. 8am start with a 2km run aimed at families and young children, run at and around Caramana Park. Then the 5km and 10km races start together and follow a 5km circuit taking in the Caramana Park, Caramana Drive, Kingfisher Place, Swan Drive and a short cross country section. The 10km follows the same circuit and then heads out into cattle country along Friars Lane. Entry fees are 2km - \$2, 5km - \$5, 10km - \$10. On the day registration from 7.00 a.m. at Caramana Park. Postal entries are welcome. Trophies to outright winners and medallions to all age category winners. Lots of spot prizes to lucky participants. Contact: Neil and Penny Burgess. email: pnburgess@bigpond.com. Visit the <http://www.jacarandafestival.org.au/events.htm> for more details. Click http://www.coolrunning.com.au/calendar/public_html/2011/2011e001.doc for an entryform.

Sun 6 Nov BEN DONOHUE RUN AND WALK FOR FUN PROUDLY SPONORED BY MCDONALDS () A charity 6 and 3 km walk or run, held in memory of 9 year old Ben Donohoe who passed away suddenly from a brain tumour in 2005. Now in its seventh year, this event is organised by Hawker College students in conjunction with the Donohoe family. 100% of all proceeds goes to the ACT Eden Monaro Cancer Support Group and Make-A-Wish Australia?. Over \$220,000 has been raised for charity and now more than ever those people need our help. Please enter and help us "Make A Difference!" contact: Alana McGee and Robyn Donohoe. email: info@bensrunandwalkforfun.com. Visit <http://www.hawker.act.edu.au/runandwalkforfun> for more details. Click <http://www.coolrunning.com.au/calendar/to%20be%20added%20at%20the%20end%20of%20August%20or%20enter%20online%20at%20> for an entryform.

Sat-Sun 12-13 Nov KATHMANDU MAX24 AND MAX12 ADVENTURE RACE - SOUTH COAST Have you got what it takes to compete in a MAX24 hour adventure race? Your team will need to work together to overcome the many natural obstacles (rivers, lakes, hills, mountains, cliffs and caves) that you find in your path. The course will cover approximately 100-120km of terrain. With the fastest times coming in at approximately 12 hours and the slowest times will be closer to 24 hours. The race requires no support crews. Never done a 24 hour adventure race before? No worries we can set you up in a team of four with an experienced instructor to race and learn as you go approach Following the same course as the team event, the MAX 24 SOLO is for individuals with support crew. Are you up for the ultimate challenge? Not quite ready to tackle 24 hours, then how about the 12 hour option? contact: Gary Farebrother. email: info@maxadventure.com.au. Visit <http://www.kathmanduadventure.com.au/> for more details.

Sat 12 Nov GREAT NORTH WALK The Great North Walk is a 250 km walking track that runs between Sydney and Newcastle in New South Wales, Australia. It was opened in the Australian Bicentennial year of 1988 and passes through some of Australia's most outstanding scenery. The Great North Walk 100s (GNW100s), organized by the Terrigal Trotters running club for the first time in 2005, are two simultaneous trail races, a 100 Mile and a 100 Kilometre, along The Great North Walk south from Teralba on Lake Macquarie. The contact: dave Byrnes. email: dave@davebyrnes.com.au. Visit http://www.terrigaltrotters.com.au/GNW100s_Home_Page.htm for more details.

Sun 13 Nov BARE CREEK TRAIL RUN The Bare Creek Trail Run takes place for a second year in the stunning Garigal National Park in St Ives on Sydney's North Shore on Sunday November 13 2011. This trail race follows the fire trails of the National Park crossing Bare Creek and comprises two challenges. Firstly the 10km run for new and seasoned trail runners, followed by the 6km family walk/run - for all ages, standards and abilities (suitable for children 7 years and over). The run is hosted by St Ives Park Primary School, is professionally timed and offers generous prize money. The State Emergency Service will offer full assistance where needed to participants over the fire trail. A percentage of each entry fee will be donated to the SES. contact: The Bare Creek Organising Committee. email: barecreektrailrun@hotmail.com. Visit <http://www.barecreektrailrun.com/> for more details.

Sun 13 Nov MARSDENS FISHERS GHOST FUN RUN 5km and 10km Run Events (Walkers welcome) Outright Winners / Age Categories / Team Categories / UWS Campbelltown Provost Prizes / Barrel Draw Prizes contact: Gabby Ripoll. email: gabby.ripoll@campbelltown.nsw.gov.au. Visit the <http://www.campbelltown.nsw.gov.au/> for more details.

Sat 19 Nov VALLEY STAMPEDE The mud is thick, the obstacles are crazy and the cows are ready to charge. Valley Stampede is definitely not your average fun run. Take it off-road, add a whole lot of mud, some crazy obstacles and angry cows and hold on for the most insane day of your life. Bring your mates, have a laugh and expect the unexpected all the way to the finish line. Run for your life Visit <http://www.valleystampede.com.au/> for more details.

Sat 19 Nov URBAN MAX ADVENTURE SERIES - SYDNEY In Sydney's very own Amazing Race, teams of two (male, female and mixed) are given the opportunity to experience the city's urban landmarks in fun urban adventure lasting between 3 to 6 hours. Armed with a map and clue sheet, teams have to navigate their way around the host city to locate and complete a variety of tasks and challenges. Some challenges will be physical, while others will test knowledge, teamwork, resourcefulness and the ability to make decisions on the fly. Teams are only allowed to travel by foot or use public transport. If you can think outside the box, know your way around the city and want to have some fun in your very own "Amazing Race" .. get your entry in today! contact: Min Petkovic. email: info@maxadventure.com.au. Visit the <http://www.urbanmax.com.au/> for more details.

Sat 19 Nov KEDUMBA HALF MARATHON, RUNNING WILD RACE 3 7.30am Queen Victoria Hospital, Tableland Road, Wentworth Falls Visit <http://www.runningwildnsw.com/kedumba-half-marathon/> for more details.

Sun 20 Nov SMC ROAD RUN - EVENT 2 OF 9 Half marathon, 10km, 5km run and 5km walk. Half marathon and 5km walk start at 7:00am. 10km starts at 7:30am. 5km run starts at 7:35am. All events start from Rosford Street Reserve, Smithfield. Run on sealed roads on an Athletics Australia certified course with accurate markers every 1km. Electronic timing tags for everyone. Regular drink stations with water and sports drinks. Fresh fruit, hot showers and hot drinks available afterwards. The series is a friendly and sociable group for runners of all ages and abilities. contact: SMC Enquires. email: smcroadraceseries@gmail.com. Visit <http://www.sydneymarathonclinic.org.au/> for more details.

Sun 27 Nov SRI CHINMOY SYDNEY SERIES RACE 9 - COOKS RIVER 16 KM, 8 KM & 4 KM Ewen Park, Tennent Parade, Hurlstone Park. This inner-west haven follows cycle paths along both sides of the Cooks River, between Hurlstone Park and Earlwood - a tranquil, friendly and intimate course with tree-cover for most of the way. Treat yourself to something special, then reward yourself even further with a post-race pancake breakfast. Parking in car parks on Ewen Parade, only 500 metres from Hurlstone Park Station. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am.

contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit http://au.srichinmoyraces.org/sydneyraces_11 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4398> for an entryform.

Sun 27 Nov CENTRAL COAST HALF MARATHON & 10KM FUN RUN Fantastic 1/2 Marathon and 10km Fun takes runners along the cycleway of Tuggerah Lake from The Entrance to Chittaway Point and return. Picturesque, flat trail. Both courses certified. Organised by the Central Coast Hash House Harriers. contact: Christine Laing, Race Director. email: clarkent@westnet.com.au. Visit <http://www.centralcoasthalfmarathon.com/> for more details.

Sun 27 Nov GLENBROOK TRAIL MARATHON 25km, 34km and 42km trail races. 7.30am, Sunday 27/11/2011. Euroka Clearing, Glenbrook (Blue Mtns National Park) contact: Organiser. email: runningwildnsw@gmail.com. Visit the <https://www.registernow.com.au/secure/Register.aspx?ID=4039> for more details. Click <https://www.registernow.com.au/secure/Register.aspx?ID=4039> for an entryform.

Race Results

Members - Please email all results to
rundown@woodstockrunners.org.au

WILLY TO BILLY

35km

Brendan Davies 2:2#:47, 3rd o'all

LAP THE LAKE, Lake Macquarie, 10.5K

Lauren Stewart 1:14:25

BLACKMORE'S SYDNEY RUNNING FESTIVAL

SUN. 18/9/11

MARATHON

Rebecca Bangura 4.20.16
Emma Colenbrander 3.59.36 (Debut)
Tobias Hudson 3.14.17
Jeff Morunga 5.22.39 (50th
Marathon)
Graeme Tutt 4.55.42 (Debut)

HALF MARATHON

Bridget Akers 2.02.41
Martin Amy 1.20.01
Sandra Bogun 2.11.13
Julia Boonzaier 2.23.07 (Debut)
Kerry Bray 1.59.12 (2nd F65)
Peta Bray 2.12.03
Kim Cayzer 2.01.49
Rick Collins 2.09.43
Angela Haynes 2.33.52
Brian Ogilwy 1.58.53
Barney McCarthy 1.28.59
Brian Newton 1.33.19
Thien Vuong 1.20.20 (80Min pacer)
Sarah Waladan 1.49.20
Teresa Wood 1.58.07

BRIDGE RUN 9 KM

Anneliese McDowell 45.20
Debbie Rutherford 1:15.09
Dot Siepmann 55.10

FAMILY FUN RUN 4 KM

Fiona McIntyre 33.20

COMMONWEALTH ULTRA TRAIL CHAMPIONSHIPS

Sat. 24/9/11 53.73 KM

Brendan Davies 3.38.45 (4th O/All)
AUSTRALIAN TEAM: "3rd O/All": Brendan Davies, Mick Donges, Jonathan Worswick

COFFS HARBOUR RUNNING FESTIVAL

Sun. 25/9/11 10 KM

John Dawlings 42.50 (2nd M50)

ST. MARYS SPRING FESTIVAL RUN

Sun. 25/9/11, 6.2 KM

Louise Hawkins 33.50 (2nd F40)
Eddie McLean 59.19 (Walked)
Dot Siepmann 37.26 (3rd F60)

MELBOURNE HALF MARATHON

Sun. 9/10/11 21.1 KM

Thien Vuong 1:14:49

SPRING INTO SHAPE

Sat. 8/10/11 Parramatta Park, 4KM

Fiona McIntyre 30.25
Dot Siepmann 24.22 (1st F60)

CORPORATE CUP

Royal Botanical Gardens, Sydney, 6 KM

Wed 28/09

Angela Haynes 37:49 (PB not after ...)
Wed 12/10 Royal Botanical Gardens, Sydney
Angela Haynes 36:35 PB

SRI CHINMOY IRON COVE

16/10/2011

16KM

John Dawlings 1:09:46 1st M over 50

8KM

Theo Hastings 34:35
Lauren Stewart 46:13
Sandra Bogun 50:41
Anneliese McDowell 39.45

4KM

Fiona McIntyre 29:55

BRIGHTON BEACHSIDE DASH

16/10/2011

10KM

Bridget Akers 54:17 Course PB
Emma Pryor 54:34
Chaia Patacsil 47:58 7thF30-39

5KM

Chaia Patacsil 23:21 8FO'all/5thF30-39

SYDNEY MARATHON CLINIC

16/10/2011

21.1

Brendan Davies 1:16:49 1st O'All

10KM

Martin Amy 36:04 1st O'all
Barry Crisp 49.34 (2nd M60)

5km

Dot Siepmann 29:21 1st F60

Run Woodie, Run!



Woodstock around the world: Brendan @Wales



Kerry and El Prez @Hidden Half Marathon



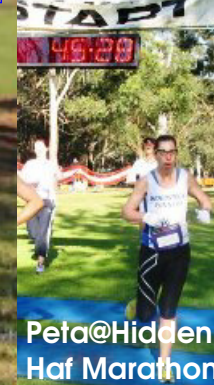
John@Hidden Half Marathon



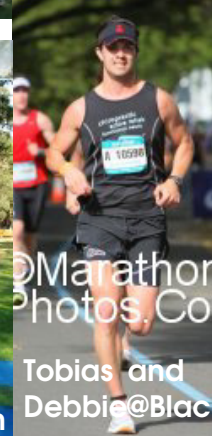
Barry@SMC



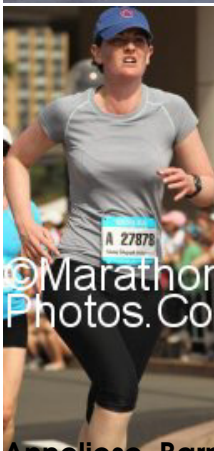
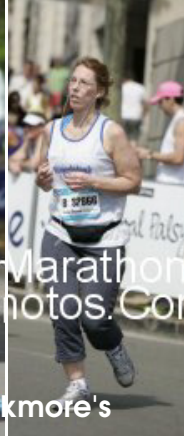
Dot@SMC



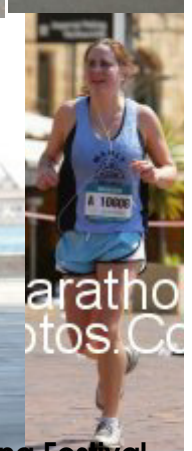
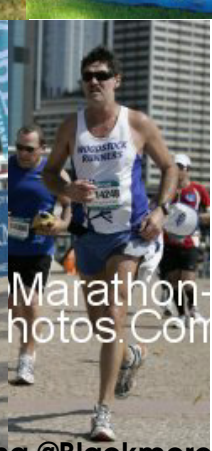
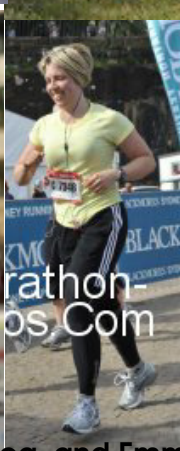
Peña@Hidden Haf Marathon



Tobias and Debbie@Blackmore's



©MarathonPhotos.Com



Anneliese, Barney, Brian, Julia, Jen, Rebecca, and Emma @Blackmore's Sydney Running Festival



WHO AND HOW MANY?

IDENTIFY THE WOODSTOCK AND HOW MANY ARE THERE IN THIS PHOTO?

Thursday Night Track (TNT) Summer Interval Training Program

April 2011 to end of September 2011

Training by Level 2 Athletics Coaches - Martin Amy and Brendan Davies

Meet at 6:30pm at Campbell Athletics Field, part of Canterbury Park, Princess St, Ashbury.

No charge for Woodstock members. All visitors most welcome, small fee applies. Cold drinks provided.

Sessions completed by 7:30pm. Toilets available.

All sessions begin with warm up, strides and drills and conclude with cool down. Sessions are modified to cater for all abilities and levels of fitness.

Date	Session	Session Details	Comments	Dist
06/10/11	"Parlov" 300m x 14	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	Partner up and challenge each other	4.2km
13/10/11	Standard Pyramid	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	4.8 / 6.4km
20/10/11	3 minutes x 6	@ 5k pace, 2 x 3 (4 min rest & turn) 90s recovery (or reducing)	Run without a watch - "feel running"	~ 4-5km
27/10/11	5km Time Trial *	@ Race pace - 12.5 laps	Race Time!	5km
03/11/11	"Mile Down" Pyramid	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	Upping the tempo as distances get shorter	5 / 5.8
10/11/11	Long Hill/Short Hill Repeats *	Long hill (300m, short hill 150m), x 6 (or 30m worth) on Holden St	HTFU	~ 2.7km
17/11/11	5 minutes x 4/5	@ 10k pace, 2 x 2 (5 min rest/turn) 2 minutes rec (or reducing)	Rhythm, Rhythm, Rhythm	~ 4-5km
24/11/11	Beep Test & 400m Reps for remainder*	The 20m Shuttle Test, see your improvement! 400s @ 3k pace, 90s rec (or reducing)	Beep Test - how long can you last? 400m - All about consistency	~ 5km all up
01/12/11	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	On the go! Start as you mean to go on!	~ 5km
08/12/11	"Parlov" 300m x 14	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	Partner up and challenge each other	4.2km
15/12/11	Standard Pyramid	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	Consistent speed over varying distances	4.8 / 6.4km
22/12/11	3 minutes x 6	@ 5k pace, 2 x 3 (4 min rest & turn) 90s recovery (or reducing)	Run without a watch - "feel running"	~ 4-5km
29/12/11	5km Time Trial *	@ Race pace - 12.5 laps	Race Time!	5km
05/01/12	"Mile Down" Pyramid	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	Upping the tempo as distances get shorter	5 / 5.8
12/01/12	Long Hill/Short Hill Repeats	Long hill (300m, short hill 150m), x 6 (or 30m worth) on Holden St	HTFU	~ 2.7km
19/01/12	5 minutes x 4/5	@ 10k pace, 2 x 2 (5 min rest/turn) 2 minutes rec (or reducing)	Rhythm, Rhythm, Rhythm	~ 4-5km
26/01/12	Australia Day Club Run, choice of distances available for a morning run. Times and meeting place to be advised.			
02/02/12	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	On the go! Start as you mean to go on!	~ 5km
09/02/12	"Parlov" 300m x 14	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	Partner up and challenge each other	4.2km
16/02/12	Standard Pyramid	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	Consistent speed over varying distances	4.8 / 6.4km
23/02/12	5km Time Trial *	@ Race pace - 12.5 laps	@ Race pace - 12.5 laps	5km
01/03/12	3 minutes x 6	@ 5k pace, 2 x 3 (4 min rest & turn) 90s recovery (or reducing)	Run without a watch - "feel running"	~ 4-5km
08/03/12	"Mile Down" Pyramid	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	Upping the tempo as distances get shorter	5 / 5.8
15/03/12	Long Hill/Short Hill Repeats	Long hill (300m, short hill 150m), x 6 (or 30m worth) on Holden St	HTFU	~ 2.7km
22/03/12	5 minutes x 4/5	@ 10k pace, 2 x 2 (5 min rest/turn) 2 minutes rec (or reducing)	Rhythm, Rhythm, Rhythm	~ 4-5km
29/03/12	Beep Test & 400m Reps for remainder*	The 20m Shuttle Test, see your improvement! 400s @ 3k pace, 90s rec (or reducing)	Beep Test - how long can you last? 400m - All about consistency	~ 5km all up

Daylight Savings ends 01/04/12 - See "Winter" Calendar" (TBA)

* last TNT session of each month includes drinks and/or dinner at Ashfield Hotel at 8pm to chat running and rubbish

Further Club information is on our website at www.woodstockrunners.org.au